



Subject	Week 2	Week 3	Week 4	Week 5	Week 6	End Points
PSHE Topic	<p>LO: I know the benefits of sleep.</p> <p>Core Learning: Identify sleep's impact on mental and physical wellbeing. Create routines to support healthy sleep.</p> <p>Tasks: Watch <i>Operation Ouch</i> video on sleep. Explore NHS sleep guidance. Create a "good sleep guide" video in pairs using a twist (incorrect then correct advice).</p> <p>Adapted Learning Task:</p> <p><i>Support:</i> Use scaffolded script template.</p> <p><i>Greater Depth:</i> Analyse how sleep affects health and daily habits.</p>	<p>LO: I know the purpose of failure.</p> <p>Core Learning: Understand failure as part of success. Develop perseverance and a growth mindset.</p> <p>Tasks: Watch perseverance video and discuss. Solve NRich maths problems using trial-and-error. Discuss emotional reactions and reflect on learning from mistakes.</p> <p>Adapted Learning Task:</p> <p><i>Support:</i> Work in pairs and discuss feelings.</p> <p><i>Greater Depth:</i> Apply lessons to real-life examples and research famous failures.</p>	<p>LO: I can set short-, medium-, and long-term goals.</p> <p>Core Learning: Understand SMART goal-setting. Plan realistic steps toward achieving personal goals.</p> <p>Tasks: Learn the SMART framework. Complete personal goal sheet for 1 week, 1 term, and end of Year 6. Share and display goals.</p> <p>Adapted Learning Task:</p> <p><i>Support:</i> Focus on one SMART goal.</p> <p><i>Greater Depth:</i> Include clear, actionable steps for all goals.</p>	<p>LO: I can take responsibility for my own feelings and actions.</p> <p>Core Learning: Identify and describe a range of emotions. Understand how actions affect others. Develop assertiveness.</p> <p>Tasks: Discuss emotions and physical sensations. Explore 'Choose Your Destiny' dilemmas. Create their own interactive emotion-based decision story.</p> <p>Adapted Learning Task: <i>Support:</i> Use templates and structured dilemmas. <i>Greater Depth:</i> Include multiple outcomes and real-life links in their stories</p>	<p>LO: I know and can plan healthy meals.</p> <p>Core Learning: Identify food groups and nutritional content. Understand balanced diets using food labelling. Tasks: Review food groups and traffic light food labels. Design a balanced meal and analyse its nutrition via BBC Good Food. Discuss findings with the class.</p> <p>Adapted Learning Task: <i>Support:</i> Use food group sheet to categorise. <i>Greater Depth:</i> Link ingredients with food group benefits and calorie balance.</p>	<p>By the end of this unit, pupils will know:</p> <p>and practise relaxation strategies like yoga and meditation.</p> <p>the importance of sleep and apply healthy routines.</p> <p>how to embrace failure as a learning opportunity and persevere through challenges.</p> <p>How to Set, track, and reflect on personal SMART goals.</p> <p>How to take responsibility for emotions and express them assertively.</p> <p>nutritional needs and plan balanced meals.</p> <p>the dangers of sun exposure and how to protect themselves independently.</p>